



Protect Yourself and Others from Flu, COVID-19, and RSV

(Previously COVID-19 Guidelines) Updated March 13, 2024

New guidelines simplify and streamline recommendations for dealing with a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV while continuing to protect those most at risk for severe illness.

When you may have a respiratory virus...

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms may include but are not limited to chest discomfort, chills, cough, decrease in appetite, diarrhea, fatigue (tiredness), fever or feeling feverish, headache, muscle or body aches, new loss of taste or smell, runny or stuffy nose, sneezing, sore throat, vomiting, weakness, wheezing.

You can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, and
- You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities...

Take added precaution over the next 5 days, such as taking additional steps for cleaner air, masks, physical distancing, and/or testing when you will be around other people indoors.

- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are less likely to be contagious at this time, depending on factors like how long you were sick or how sick you were.
- If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

Staying Healthy: Protect Yourself from Respiratory Illnesses



Stay up to date with immunizations



Wash Your Hands Often



Mask Around Others When Symptomatic



Stay Home When You Are Sick



Clean & Disinfect Surfaces Regularly

FOR MORE INFORMATION,

Including example scenarios, visit <https://bit.ly/4a89u3J> or scan the QR code.



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